

Autumn Chicken¹⁰

Number of Servings: 10 (95.37 g per serving)

Amount	Measure	Ingredient
10.00	ea	Chicken, broiler/fryer, thigh, w/o skin, rstd
1 1/8	cup	Cranberry Sauce, whole, cnd
4 1/4	Tbs	Juice, lemon, cnd/btl
5.00	tsp	Sugar, brown, packed
1/2	tsp	Spice, ginger, ground
5.00	tsp	Sauce, soy, low sod

Nutrients per serving

Nutrition Facts			
Serving Size (95g)			
Servings Per Container			
Amount Per Serving			
Calories 170		Calories from Fat 50	
		% Daily Value*	
Total Fat 6g		9%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 50mg		17%	
Sodium 120mg		5%	
Total Carbohydrate 15g		5%	
Dietary Fiber 0g		0%	
Sugars 10g			
Protein 14g			
Vitamin A 0%		Vitamin C 2%	
Calcium 0%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Brown chicken on both sides in nonstick skillet or on grill. Place in baking pan sprayed with nonstick spray. Combine remaining ingredients; pour over chicken. Cover and bake at 350 for 30-45 minutes or until internal temperature of 170 degrees. Spoon sauce over thigh to serve.

1 serving = 1 thigh + 2-2 1/2 T sauce = 1 CS